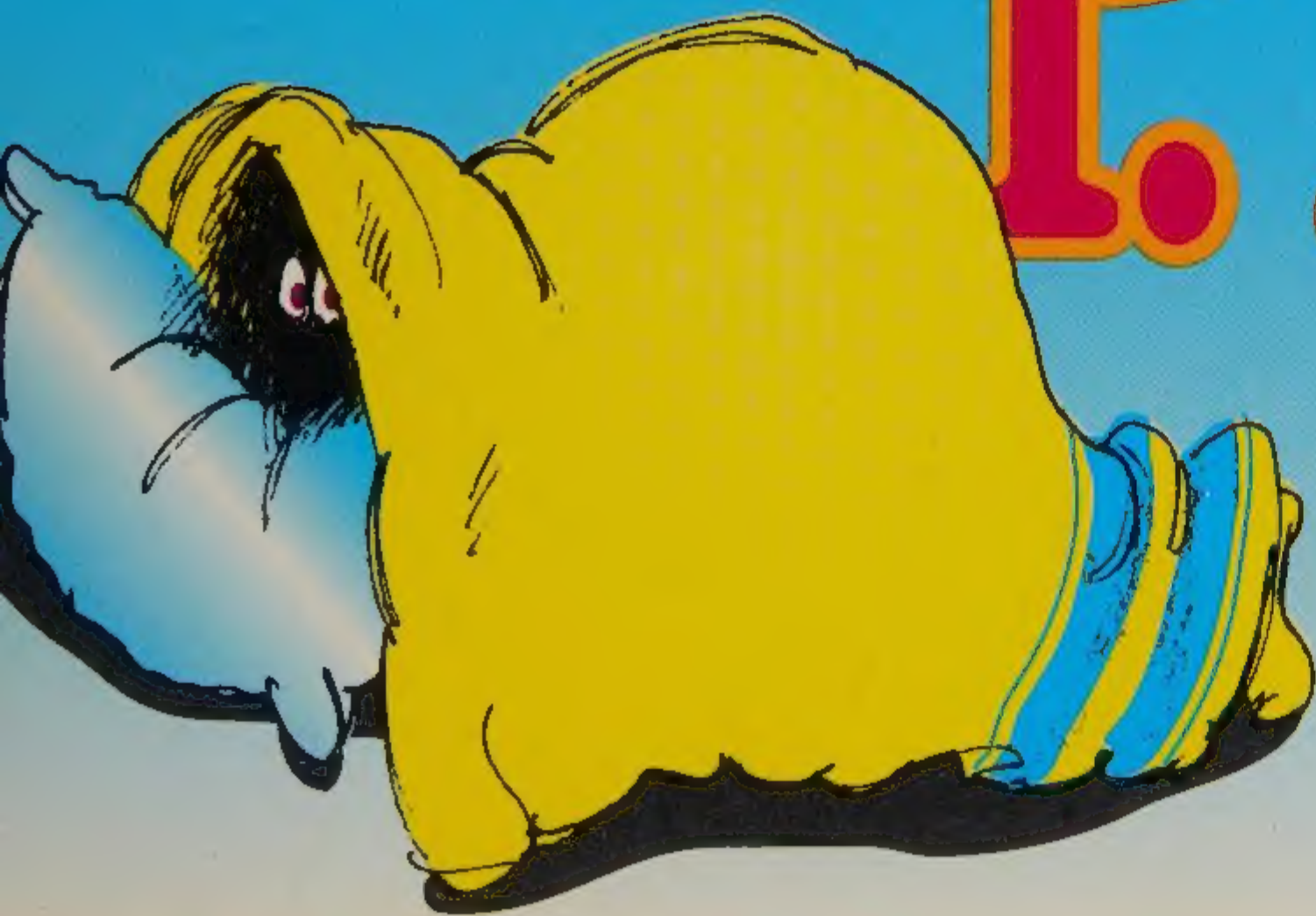
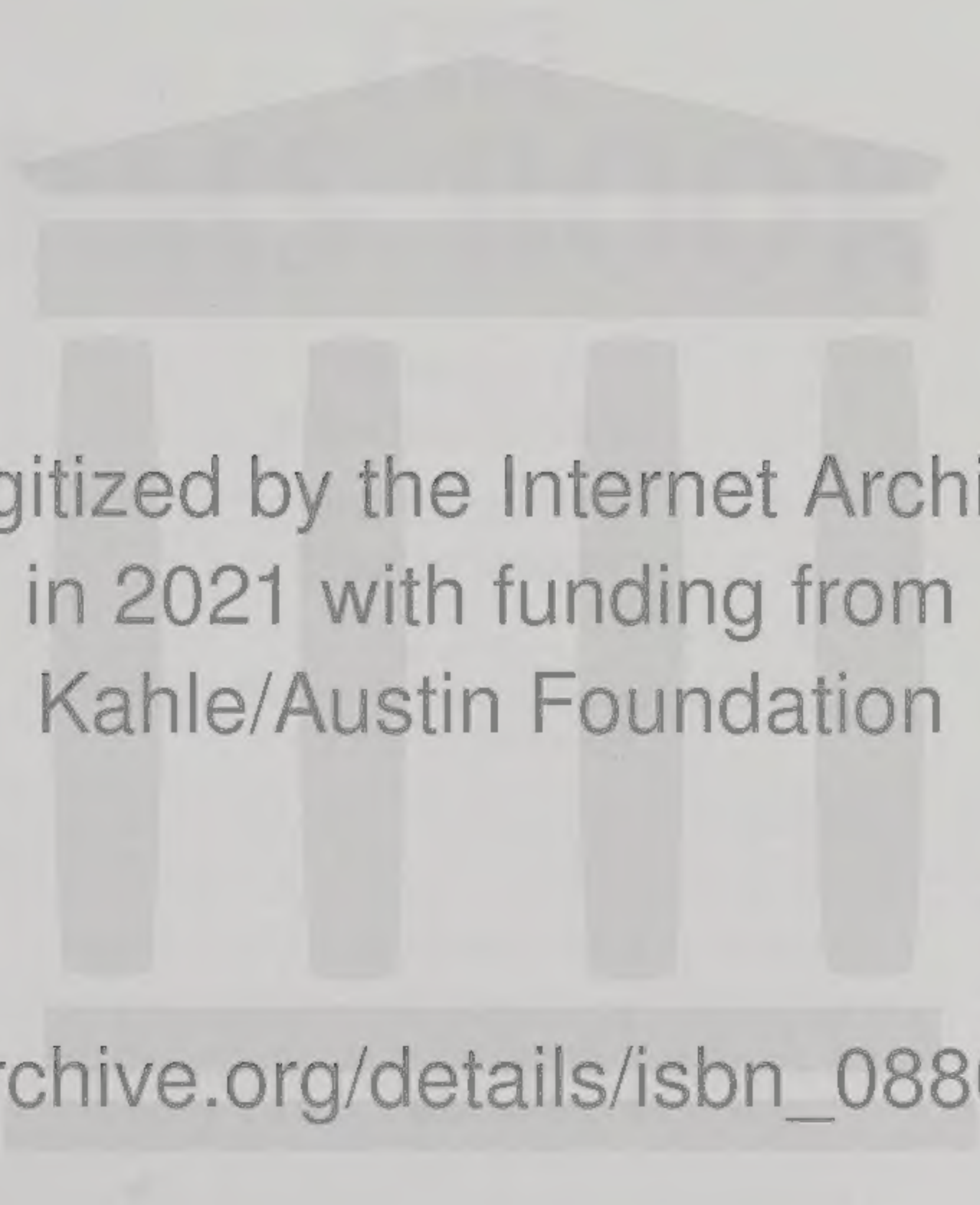


The PMS.



Book



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THE PMS BOOK

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INTRODUCTION

Large numbers of men believe in their hearts that PMS is just a convenient excuse for a woman to go crazy once a month. This is ridiculous. Who wants to go crazy once a month? Still, the most common slanders against women often have to do with this and other silly notions men have about the syndrome, many of which I have included in this work, don't ask me why.

On the other hand, it's true that a lot of things can happen when a syndrome hits, most of them bad. Fortunately, these things don't happen to each of us the same or the same to each of us each time.

But if nothing else, this keeps the men guessing, too, since why should we sweat it out each month alone? Actually, of course, men are about as useful to have around at this time each month as would be a third tit.

Whatever, here is a work in which no woman should have trouble sorting out fact from fancy, and if the men still think it's funny, well a bloody nose to them all.

Florence Schlots



INTRODUCTION

THE SYNDROME STARTS

Ah, my young dears, for just once listen to what your mothers tell you about this one. It is going to happen, and unless you are one in ten thousand, it will not happen while you are snug in bed asleep. It will happen at school. Or at the beach. Or up a tree. Or in the back seat of a 1967 Chevy, custom-upholstered in white lamb. Don't say your mother and I didn't warn you.



THE SYNDROME STARTS

THE BIG BELLY SYNDROME

One looks pregnant. No doubt nuns
and unmarried schoolteachers find
this one particularly annoying. As do
the rest of us.



THE BIG BELLY SYNDROME

THE WEIGHT GAIN SYNDROME

Sure, you know it's only "water retention," but who else knows that? You don't only look fat, you feel fat. And there is always some wise guy around who has to say, "Blew your diet, eh kid?" The sign of the bird is reply enough for that one.



THE WEIGHT GAIN SYNDROME

THE BIGGER BOOBS SYNDROME

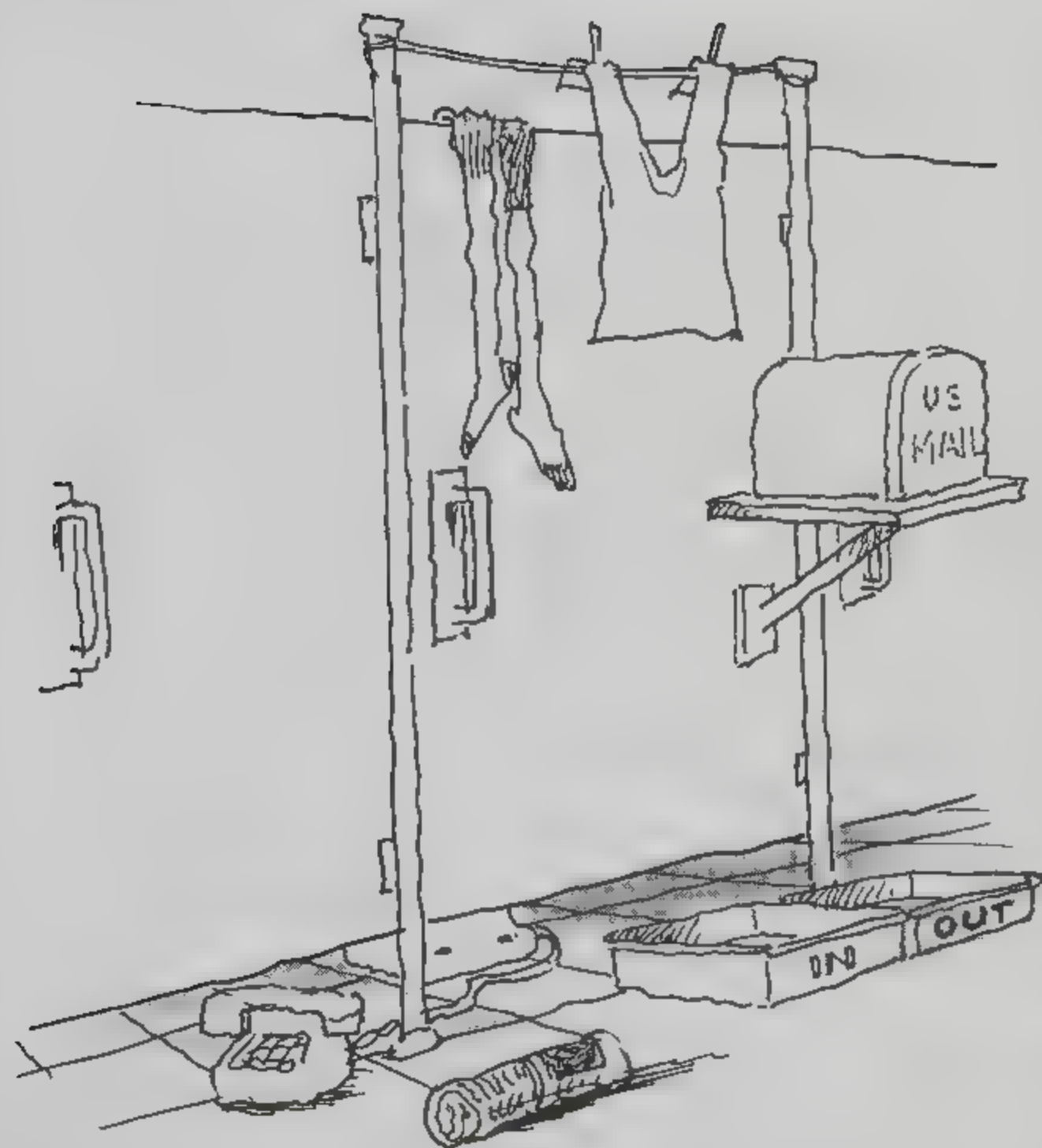
Men like to whistle at this one. Naturally they do not know the whole story or they might think twice about it. For modestly endowed ladies, The Bigger Boobs Syndrome will have things looking up for a few days, but for those of us more generously endowed, there can be a disturbing shift in one's center of gravity, which, coupled with The Pendulum Syndrome, can make just going down some steps a hazardous undertaking. It can also play hell with one's tennis game.



THE BIGGER BOOBS SYNDROME

THE PEEING SYNDROME

With this ridiculous syndrome, it is as though one's stupid reproductive system has gotten itself confused and cannot tell estrogen from plain old urine. So at a time when going to the john is not much fun to start with, you spend so much time jumping up and running to the john that people begin to wonder. And so do you. "Why now?" you ask. No one knows.



THE PEEING SYNDROME

THE CLUMSY SYNDROME

A person should be very careful with this one. It can be dangerous. It's as though you have lost the use of both thumbs. You cannot hold onto a damn thing. Try dropping a large iron skillet on your foot or doing an impromptu juggling act with an eight-inch butcher's knife and you will understand why this is not a syndrome to be taken lightly. You will also bump into the furniture and even doors and are apt to break keys off in locks. In short, with this syndrome, you have all the grace and dexterity of a dancing bear. If horses had this syndrome, they would all break their legs and have to be shot. Then people might pay some attention. This is a serious syndrome and something should be done about it.



THE CLUMSY SYNDROME

THE ALCOHOLIC SYNDROME

When a lady with a previously noted hollow leg takes one or two glasses of wine and hits the sawdust, you can bet your elbow that on this occasion it was PMS. Something about this particular syndrome has done strange things to that area of the brain where generally the lady keeps things level, even when well into the sauce, and so down she goes. A thoughtful observer will see how surprised she is. It was not her fault. She should be pitied. But, of course, there are those macho types who will instead say something about how disgusting it is to see a woman drunk. So what's so great about seeing a man drunk? And what the hell is his excuse?



THE ALCOHOLIC SYNDROME

THE SALT SYNDROME

Maybe there is such a syndrome and maybe there isn't. Now and then a woman will crave a pickle or some potato chips, something salty. So what? Cows like salt. Is she a cow? Is it necessarily because she has PMS that she would like a pickle please? If you happen to have PMS and the man with you smiles knowingly as he passes you the pickles, it's okay to hit him with one.



THE SALT SYNDROME

THE CRYING SYNDROME

This one is for real. God knows why it happens, but it does. You cannot stop the tears. Or explain them. You can even be happy and cry. Possibly the only good thing about it is that it drives men half nuts. They think they have to understand it. Which is to laugh. A good friend of mine once burst into tears at the sight of one musical note printed all alone on a page. She thought it looked lonely! Her husband thought she was going crazy. A short time after that he had a nervous breakdown. No kidding.



THE CRYING SYNDROME

THE MISSING SYNDROME

You do not joke about this one. You sweat. You may even pray: "Oh Lord, let it come in gut-wrenching cramps, in blinding, jungle-drum pounding headaches, in all its worst and fullest forms at once, but let it come. Yea, even let it come in hail and fire and brimstone if need be, but let it not, dear Lord, continue missing. Name it what horror-syndrome one will, only let it be a syndrome, dear God, and it will be called forever blessed. Amen."



THE MISSING SYNDROME

THE HORNY-AS-HELL SYNDROME

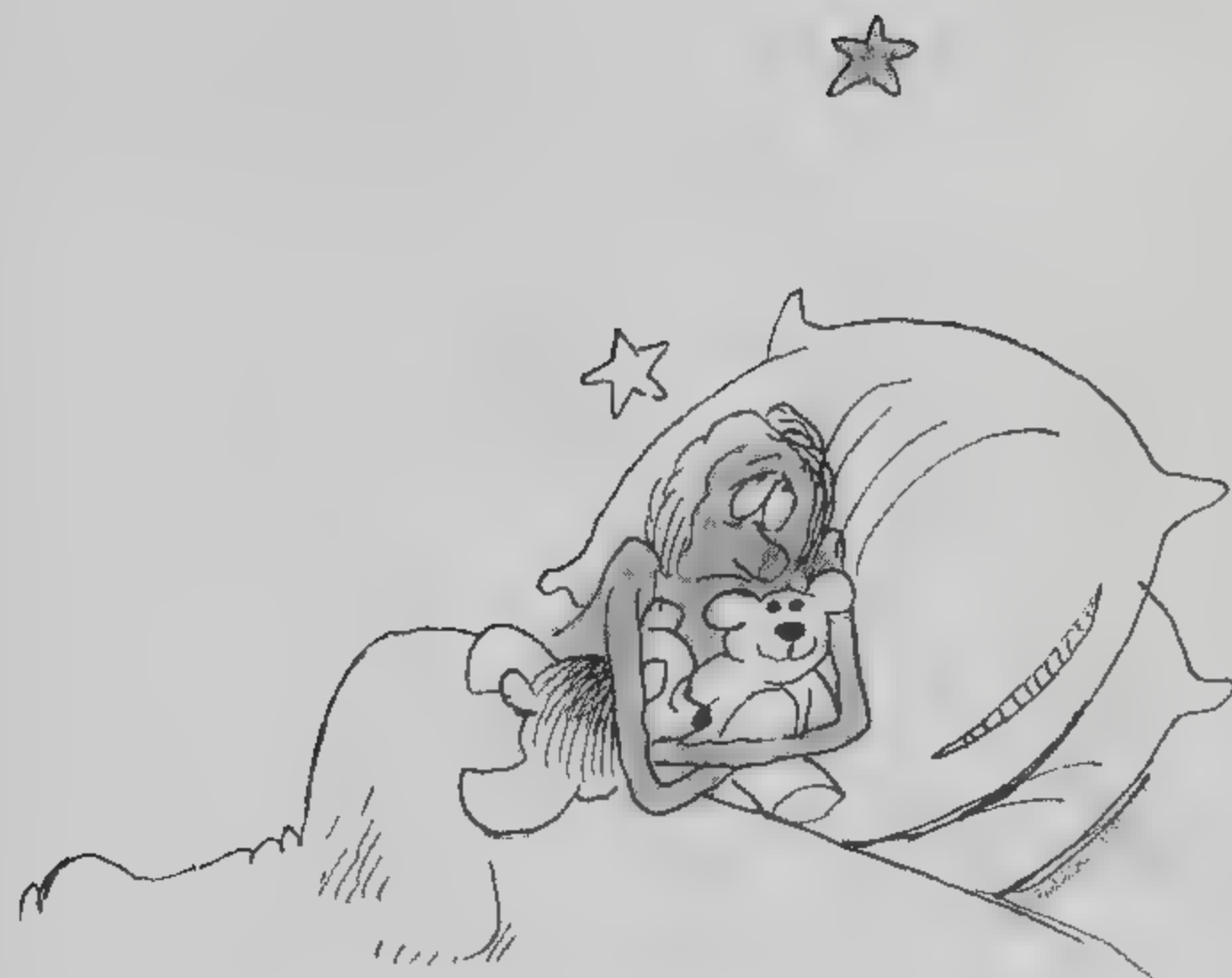
I have trouble with this syndrome, with the timing of it. To be horny-as-hell is fine, but right in the middle of PMS? I'm told that sailors like to set sail when the tide is at the full, but that is probably just a custom of theirs, or maybe whoever told me this was really talking about boats. Anyhow, as part of the premenstrual syndrome, this horny-as-hell bit is great. And if nothing else, once a month, we women get for free what men spend fortunes trying to attain, and which—take it from me—they seldom do.



THE HORNY- AS-HELL SYNDROME

THE TENDER BOOBS SYNDROME

Okay, it happens sometimes. For some reason or other, there is a tenderness that goes along with the increased fullness, when the weight of the sheet can be too much and the most loving male touch will be strictly "ouch!" This will hurt the man's feelings. He will sulk. He will not believe you. When it's real, they never do.



**THE
TENDER
BOOBS
SYNDROME**

THE FOOD BINGE SYNDROME

If you are lucky enough not to have a weight problem, this can be one of the better syndromes. Everything tastes great and you can't get enough of it. Of course, if you have been sticking to a diet, this syndrome is a real Judas. My advice is to forget it and diet later. You can hope the next PMS will bring with it only a craving for sex or something else nice, or at least nonfattening.



THE FOOD BINGE SYNDROME

THE IRRITABILITY SYNDROME

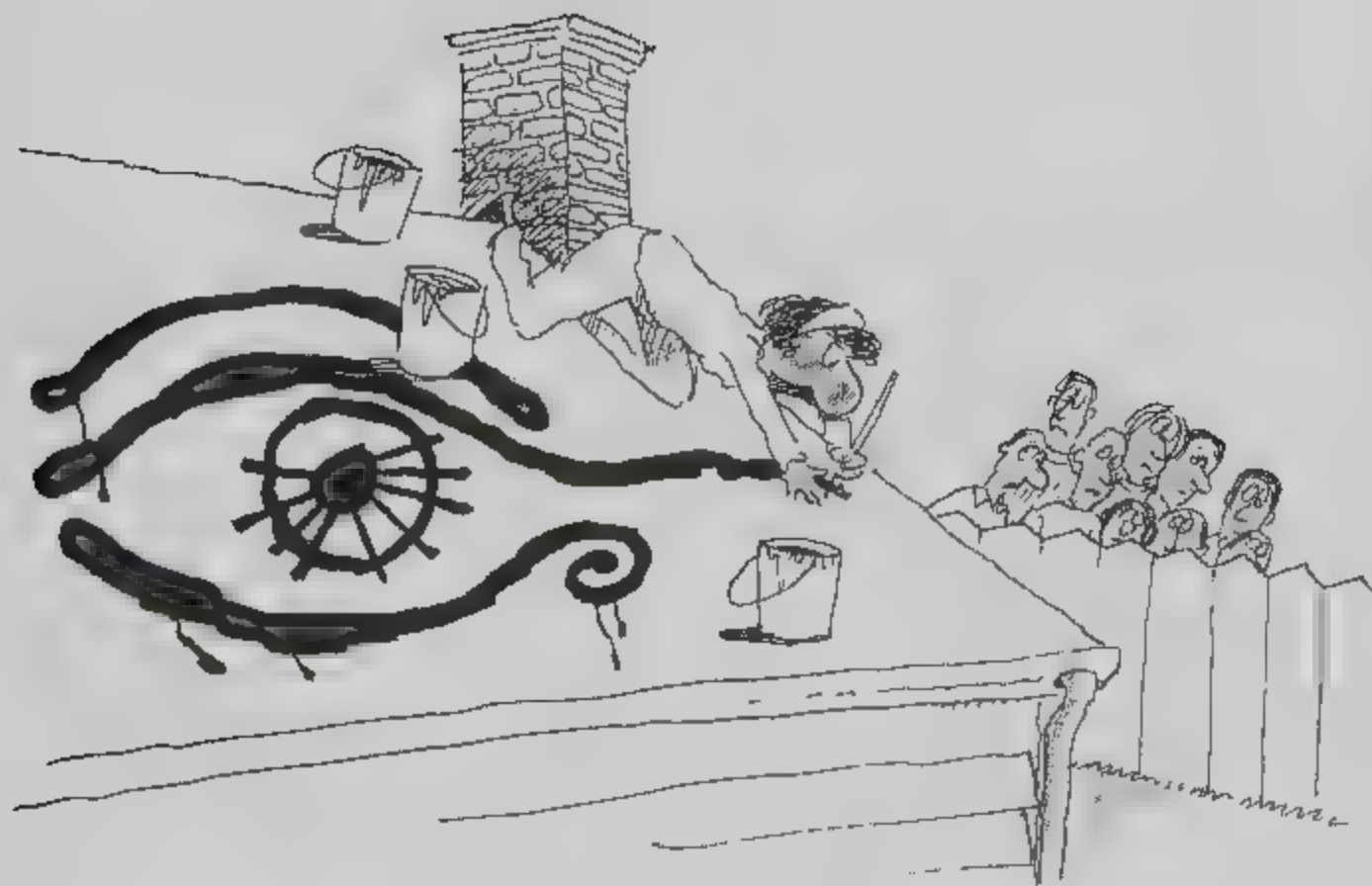
Probably the most common of all forms of PMS, the great godmother of them all and needing no further description. It comes creeping in each month like a Visa or Mastercard bill, and, like the Visa or Mastercard bill, you never know how bad it's going to be until you get it.



THE IRRITABILITY SYNDROME

THE CREATIVITY SYNDROME

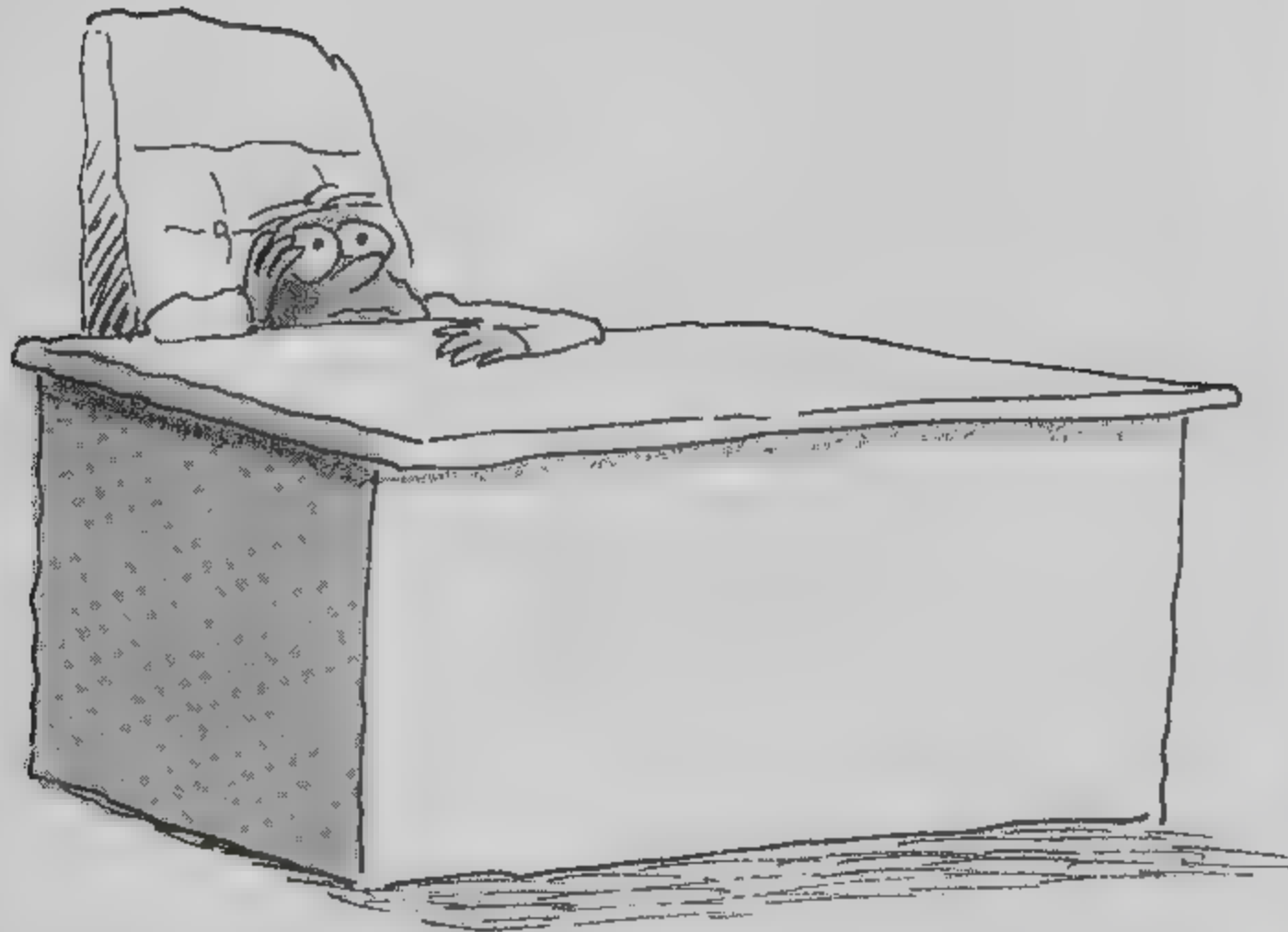
While exceedingly rare, this remarkable syndrome ushers in a period of heightened consciousness leading often to brilliant, creative work. Writers, artists, research biologists and hairdressers really look forward to this one. Other women, unexpectedly blessed with this syndrome, may take up karate, leave their husbands, or set fire to the schoolhouse, whatever seems to them creative at the time. In which case, it is not such a great little syndrome.



THE CREATIVITY SYNDROME

THE CAN'T CONCENTRATE SYNDROME

Men may not believe this, but when a woman is noticeably unable to concentrate, it does not necessarily mean she has PMS. Sometimes she may be thinking of something else. Or the man may be boring her half to death. But sometimes the lady really does have PMS and can't concentrate worth a damn. It's a fact.



THE CAN'T CONCENTRATE SYNDROME

THE CRAMP SYNDROME

Wretchedly common, particularly among young women who have not yet experienced motherhood or much sex. The only good thing about cramps is that there is nothing spooky or mysterious about it. No wild mood swings or unexplainable tears. It's plain old physical pain. It can bend one double. Even the dumbest man in the world can see that it's for real. "You poor thing," he may say. And isn't that sweet?



THE CRAMP SYNDROME

THE VIOLENT SYNDROME

This syndrome is a more serious manifestation of The Irritability Syndrome and fortunately rare. It involves obscenities that leave the kids gasping, or broken china, dented automobile fenders, embarrassed neighbors and thoroughly frightened men. Recovery from this one can take the better part of the month.



THE VIOLENT SYNDROME

THE HEADACHE SYNDROME

The sad thing about this one is that its very commonness precludes the possibility of much sympathy. Break a leg, and they will drown you in a sea of concern. But with The Headache Syndrome, you are lucky if you can get the kids to turn down the radio.



THE HEADACHE SYNDROME

THE NAUSEOUS SYNDROME

A rare one, but frequent enough to
deserve inclusion here. Well, at least
you're not pregnant.



THE NAUSEOUS SYNDROME

THE SUGAR CRAVING SYNDROME

First cousin to the dubious Salt Craving Syndrome. Actually, I am tired of having everything connected to PMS. Sometimes a woman will have PMS and eat a candy bar or two. Sometimes she will get up in the morning and attack every sweet thing in the house. Another time she will have PMS and also have a lot of gas. Can a lady not eat a candy bar or fart without having it blamed on PMS? This thing can get ridiculous.



THE SUGAR CRAVING SYNDROME

THE LOSS OF SELF-ESTEEM SYNDROME

Properly understood, the phenomenon of PMS should enhance a woman's self-esteem, but as a regular monthly experience, it often doesn't. It can sometimes knock your ego for a loop. But we should not be too upset by this. Most of the human race is desperately insecure anyhow, and the remaining six are so conceited that you wouldn't want to know them even at a distance. Try and think of it that way.



THE LOSS OF SELF- ESTEEM SYNDROME

THE LETHARGIC SYNDROME

Real dullsville. Go ahead and try and catch up on your sleep with this one, as for sure you are not going to be doing much of anything else. Personally, I would prefer some good hard cramps; I mean, who wants to play dead for the better part of a week?



THE LETHARGIC SYNDROME

THE TENSION SYNDROME

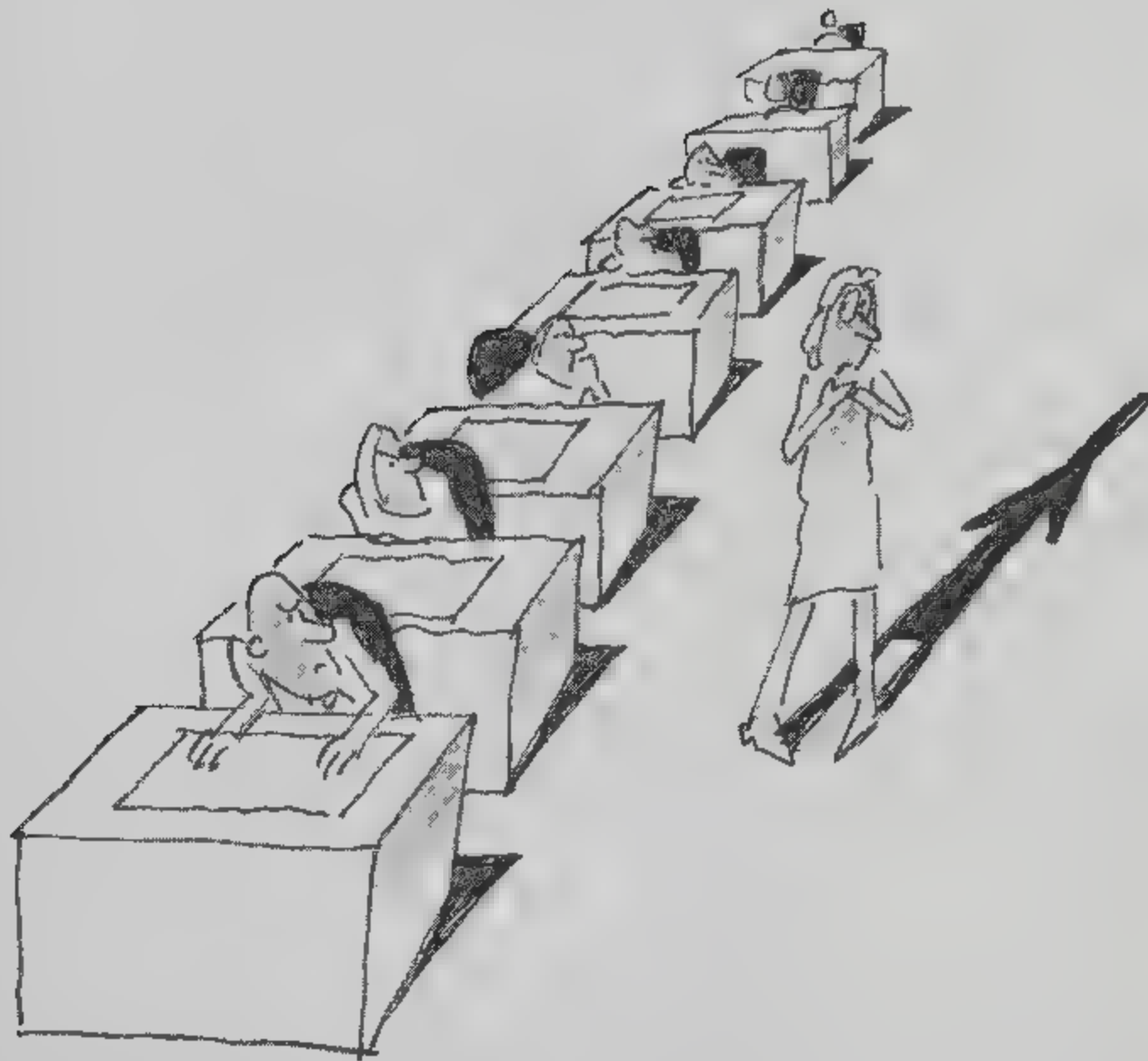
You are a fiddle string about to snap. This is the day when you, who never in your life have kicked the dog, kick the dog. Your teeth hurt. This is because you are grinding them. You tell the kid to shut up and he doesn't, and you give him such a wallop he should be wondering where it came from. So the best thing to do is to send the kids to your mother's and go out in the garden and pull weeds. You can pull the flowers too, if that seems to help.



THE TENSION SYNDROME

THE PARANOID SYNDROME

Why did they all stop talking when you walked into the office this morning? You know right off, because they were talking about you. They think you are crazy. They say that because someone wants your job. They are out to get you. Or else why all those fishy looks, those phony smiles? They think you are ugly. You look in the mirror. You are ugly. It's the way that nasty little fairy fixed your hair last time. He hates you, too. And so it goes. If only we would remember that it's only PMS, but we never do.



THE PARANOID SYNDROME

THE PIMPLE SYNDROME

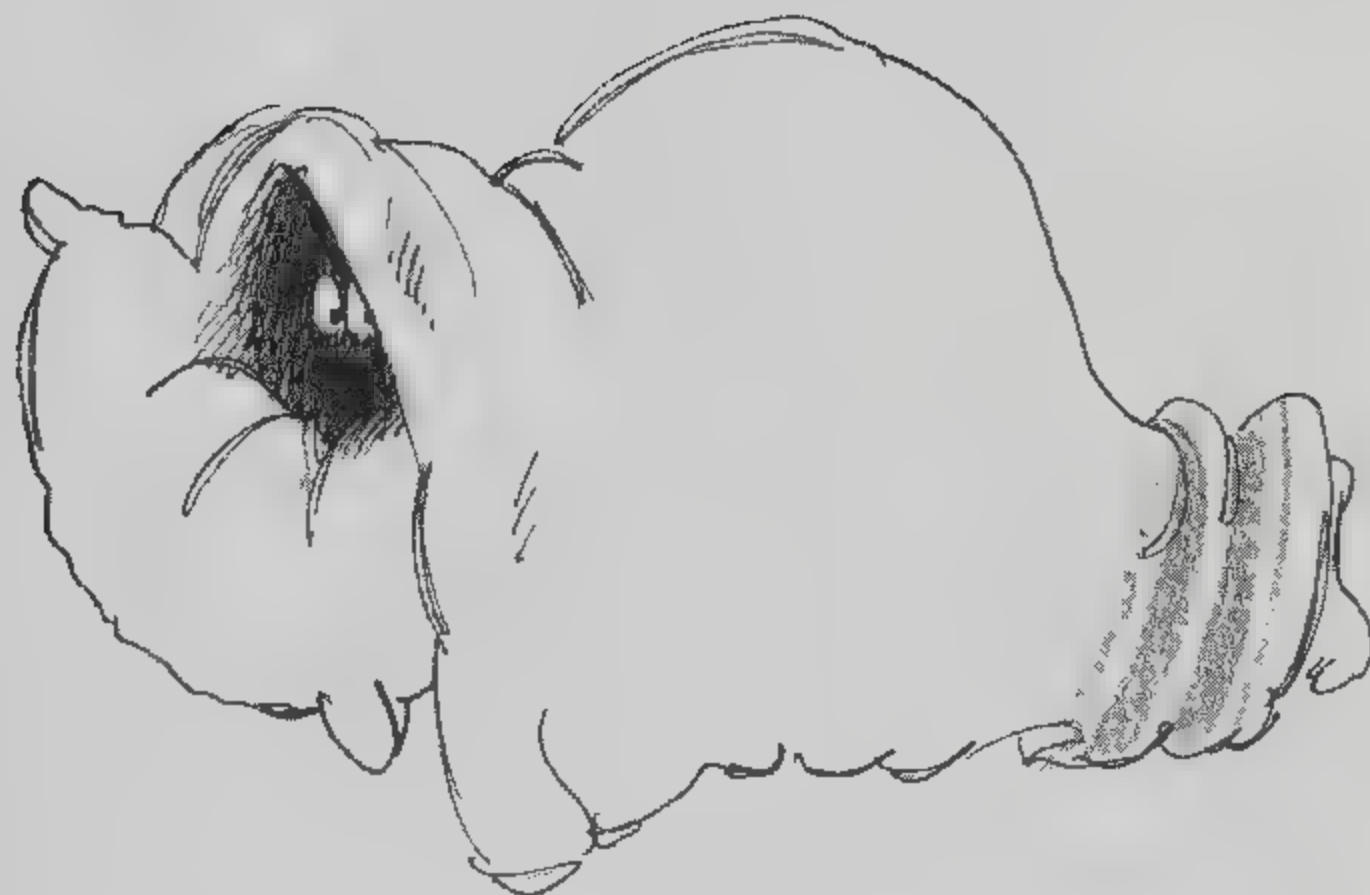
Some people call this The Teenage Complexion Syndrome or The Acne Syndrome, but this is just diddling around with semantics. It's The Pimple Syndrome, and it announces the onset of one's cycle as though with waving flags or the firing of cannon. It cannot be missed, particularly when the damn pimple appears each time right in the middle of your chin.



THE PIMPLE SYNDROME

THE HERPES SYNDROME

Fortunately, I know of this one only second hand. It seems clear, however, that PMS will occasionally bring one's herpes out of remission. What a bummer!



THE HERPES SYNDROME

THE ANXIETY SYNDROME

It's nothing definite, just a general uneasiness.

You wonder: does the house smell of leaking gas? Is there a bill you forgot to pay? Are the brakes on the car getting mushy? You are like a cat in a strange house. Your whole world is somehow uncomfortably atilt, just slightly, but enough to make you wonder if you're walking funny. Could be.



THE ANXIETY SYNDROME

THE ODOR SENSITIVITY SYNDROME

You wake up in the morning and you can smell the garbage in the kitchen. Your coffee cream smells sour. Or rotten. And on it goes throughout the day. Everything stinks. You may shower two or three times a day with this syndrome, as though it's all somehow your fault. Such sly tortures the fates have invented for women only! The gods must all be male, and sadists.



**THE
ODOR
SENSITIVITY
SYNDROME**

THE NOISE SENSITIVITY SYNDROME

This is one of the more minor syndromes. There are remedies. For instance, you can disconnect everything in the house that hums, buzzes, ticks or rings, or that has that potential. Or, a more radical remedy, turn the radio on full blast and leave it that way. This is known as the "massive insult" treatment. In no time at all you should be catatonic, as pleasantly numb as an anesthetized tooth. Of course, if it doesn't work, you may go crazy.



**THE
NOISE
SENSITIVITY
SYNDROME**

THE WOMAN BOSS SYNDROME

If you have a lady boss and she one day fires the entire bunch of you, try and be understanding. She will probably hire you all back. Do not ask for an explanation. She will already feel bad enough as it is. On the other hand, a lady boss who has really rugged PMS can do a great deal to keep people on their toes.



THE WOMAN BOSS SYNDROME

THE CHOCOLATE CRAVING SYNDROME

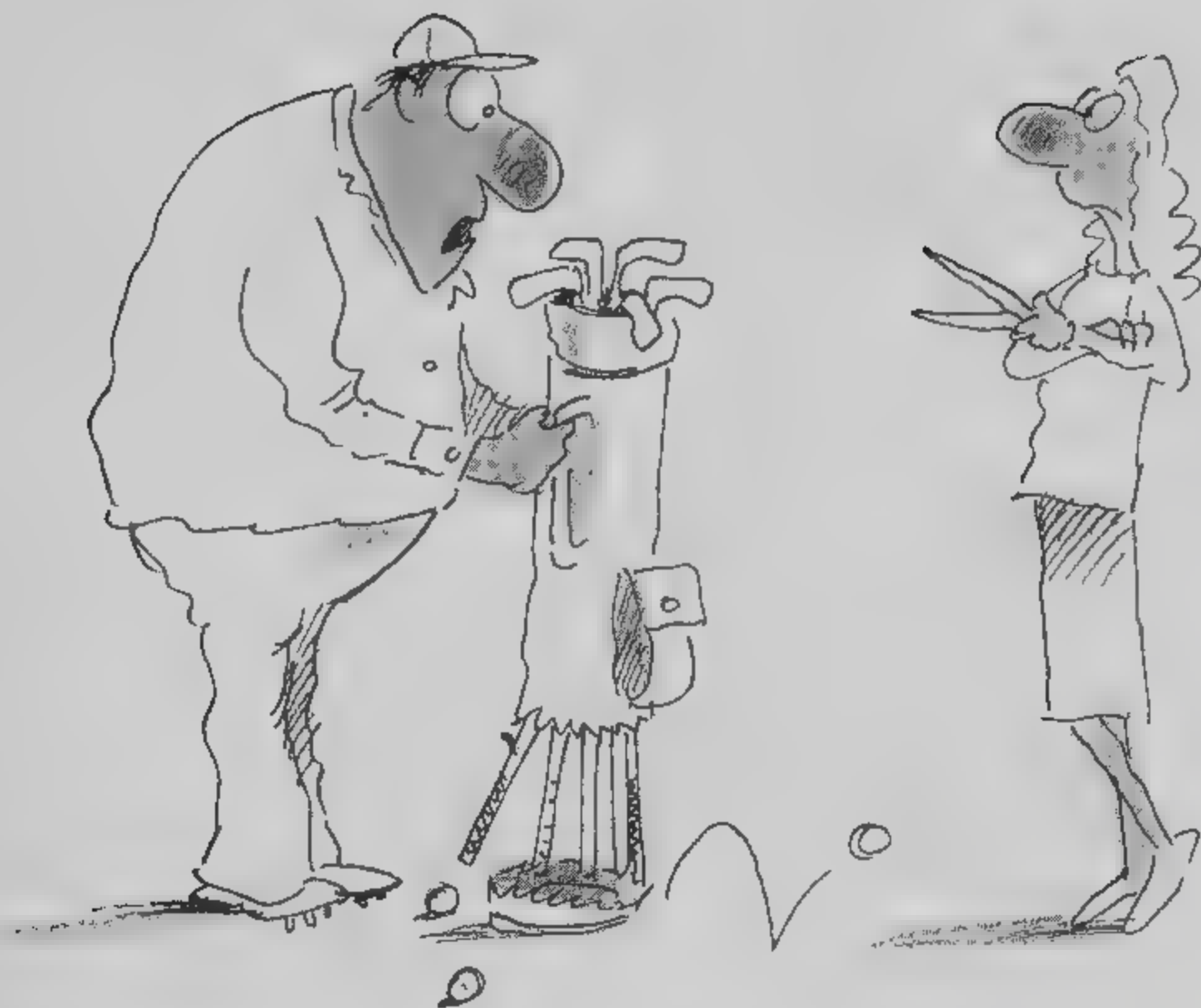
It's a fact that chocolate releases a certain substance required by the body and which is in short supply during one's period. Sex serves the same function, believe it or not. So if it has to be chocolate, at least it's not all bad, although if sex can be substituted for chocolate, that of course would be much better, I should think. Personally, I think chocolate is for kids.



THE CHOCOLATE CRAVING SYNDROME

THE BITCHY SYNDROME

This differs from The Irritability Syndrome in that it has you loaded — as though for bear — with pure malice. You go for the jugular. And this malice is not directed toward the world at large but towards only those nearest and dearest to you. If you do not feel guilty when this syndrome has run its course, you probably really are some kind of a bitch.



THE BITCHY SYNDROME

THE IMPENDING DOOM SYNDROME

The very air seems heavy with portent of disaster. Some nameless evil, some awful thing, some cosmic cruelty is about to be worked upon you. There is no way this conviction can be shaken. I have a friend who, at such times, walks with head bowed and a limp; to fool the gods, she says, that they should think the blow has already fallen. I just stay at home, indoors.



THE IMPENDING DOOM SYNDROME

THE SPECIAL OCCASION SYNDROME

Man proposes, PMS disposes. Plan it well in advance, a vacation, a trip, a wedding, an assignation—oh, particularly an assignation—and sure enough your little friend will be right there. Well, what did you expect?



THE SPECIAL OCCASION SYNDROME

THE FAINTING SYNDROME

Another one I know of only as a spectator. It's a pretty dramatic little old syndrome, but by and large, I believe it strikes mostly those who are subject to fainting spells anyhow. I know a family of sisters, three of them, who have been known to faint in sequence, going down like tenpins, one after the other. This happened in church. Only the first one had PMS. If you are subject to fainting spells, you should probably skip church during this time.



THE FAINTING SYNDROME

THE WORST SYNDROME EVER

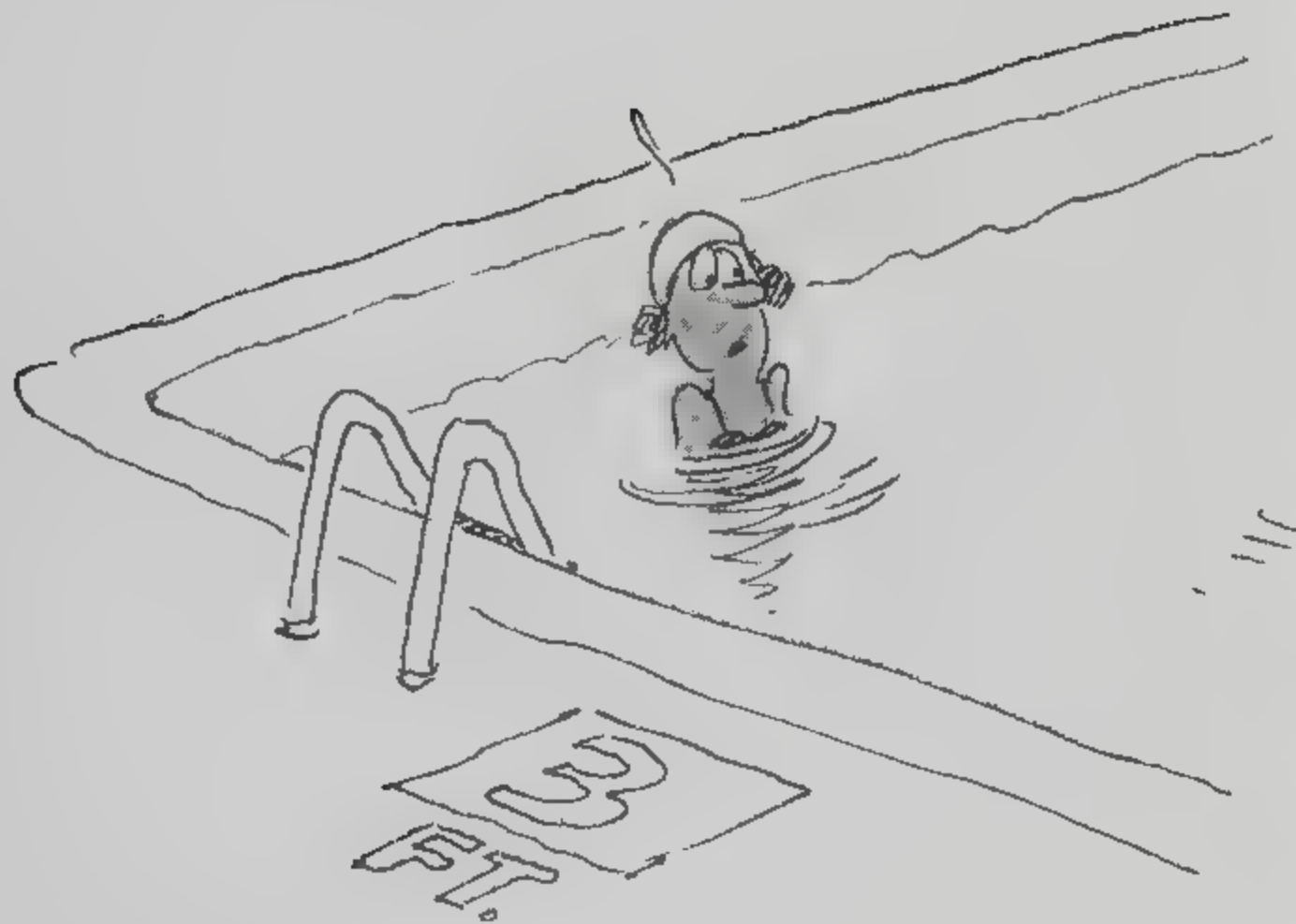
We all have had one, so why talk about it? One does not negate the slander by repeating it. I have a friend who keeps a book of losses and other rotten things that have happened to her; this syndrome is the sort of thing she would find worth describing in full and gory detail. Not me.



THE WORST SYNDROME EVER

THE SURPRISE SYNDROME

The thing about The Surprise Syndrome is that it shouldn't be a surprise at all. It was right on time. You just forgot. So surprise, surprise, you dummy.



THE SURPRISE SYNDROME

THE MOOD-SWING SYNDROME

One thing about this syndrome, it isn't dull. Neither you nor the people around you know what the hell is coming next. One is riding an emotional yo-yo, from tears to laughter in mid-sentence sometimes. There isn't a man alive who isn't afraid of this one, or who even remotely understands it. Keeps them on their toes, though.



THE MOOD- SWING SYNDROME

THE LATE SYNDROME

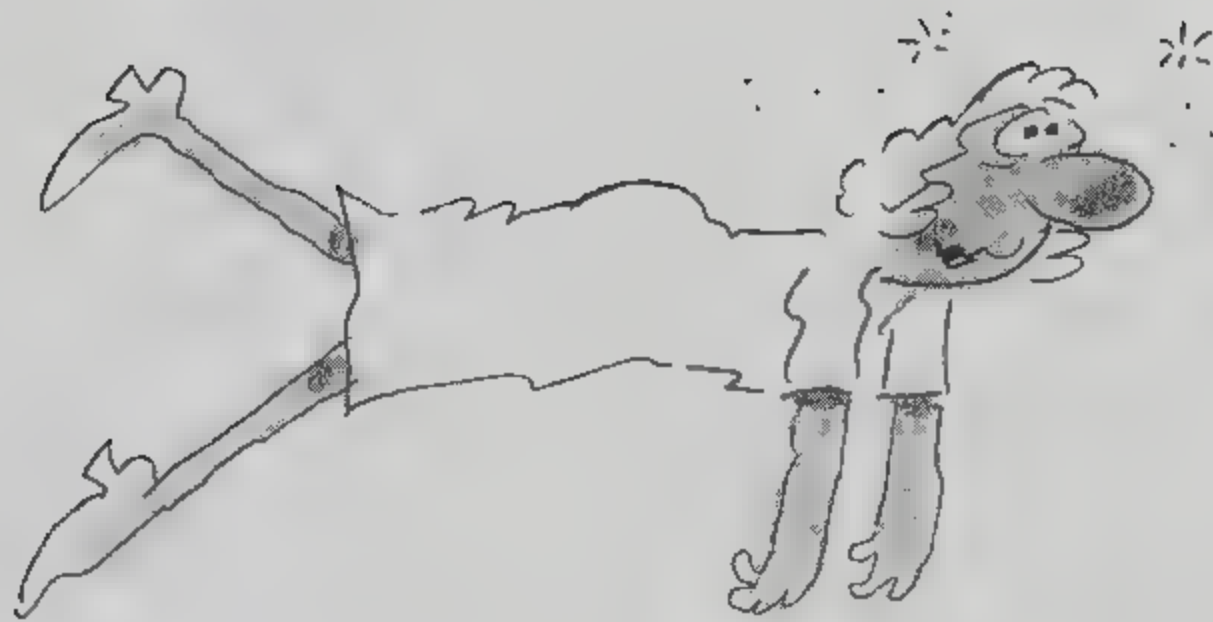
This differs from The Missing Syndrome in that you know there is no possibility of pregnancy. So now what, you ask? If a woman's life has to be marked and measured out through this immutably fixed biological kind of mathematics, couldn't it at least be truly fixed and immutable, something to be counted on? Apparently not. So you wait and count the days and ponder the screwing up of plans. This one is a bitch.



THE LATE SYNDROME

THE SPACED-OUT SYNDROME

Not an unpleasant syndrome at all. For you, it isn't, anyhow. With this one, you are in the ozone, I mean, way out there. Your friends look only vaguely familiar. No matter, you have a smile for everyone, friend or stranger. You don't have the faintest idea who you really are, but that hardly seems important. Nothing seems important. Your smile never quits, but your eyes are totally blank, vacant, unseeing; and it is mostly this that scares the hell out of the people around you. But that's their problem.



THE SPACED-OUT SYNDROME

THE BACKACHE SYNDROME

At least you know what caused your backache, which is more than most backache sufferers do. And you know that it will go away, which is about the best that can be said for it.



THE BACKACHE SYNDROME

THE FAKE SYNDROME

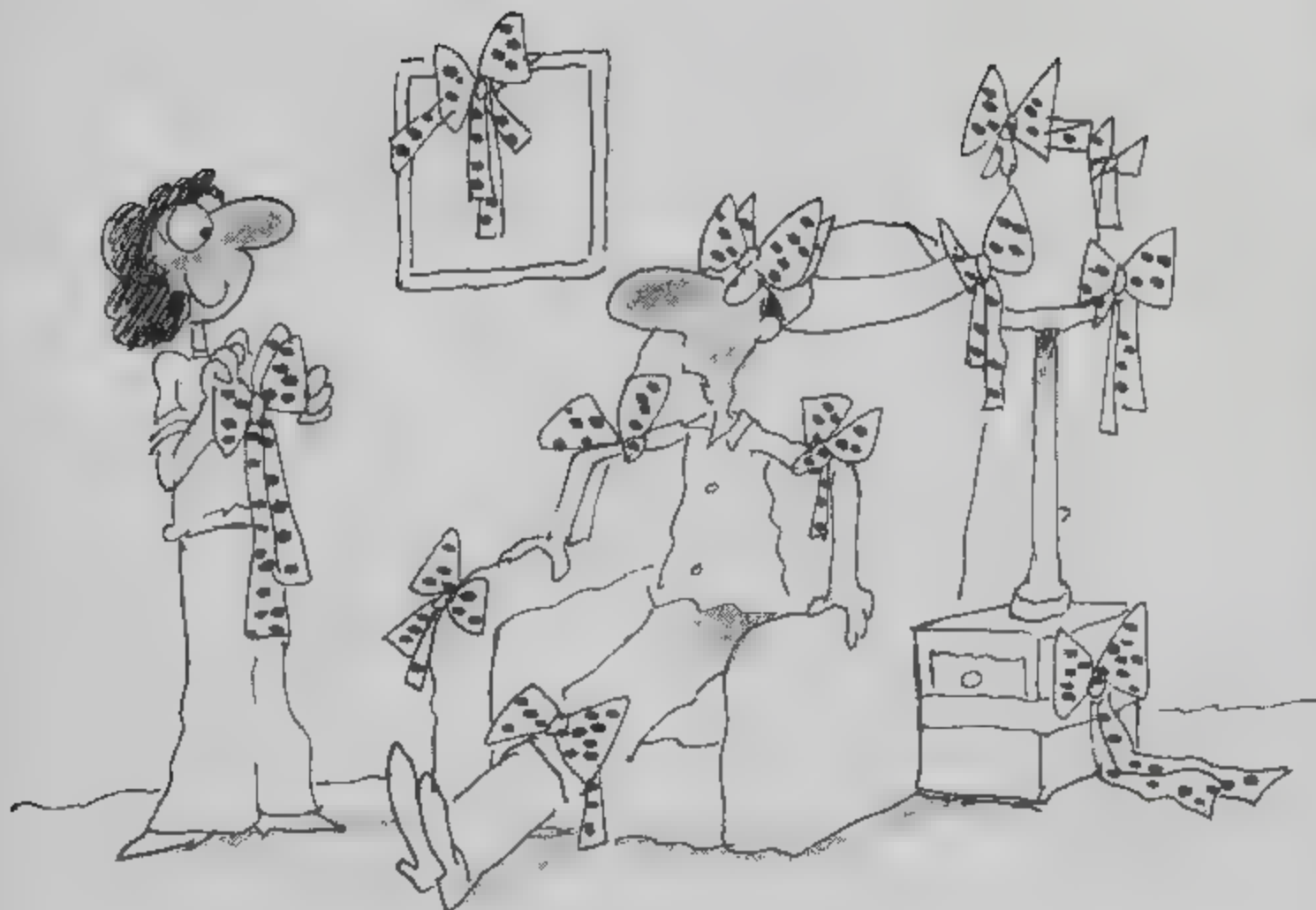
This is almost surely the most positive use to which PMS may be put. When it is time for the world to back off a bit, run up the PMS flag. It will work every time. No other explanations are required. Every month you deal with PMS along with everything else; now and then you are entitled to a little damn peace. So fake it and take it; it's a birthright.



THE FAKE SYNDROME

THE NESTING URGE SYNDROME

There is something that tells a woman now is the time to move every stick of furniture in the house from its accustomed place to another place, usually to no advantage whatsoever. She will do this with quite a remarkable vigor. This is The Nesting Urge Syndrome and should be treated with respect, however much confusion may result. Men probably won't understand it, but with this seemingly senseless behavior, she has powerfully demonstrated her ancient, profound and elementary sisterhood with each and every other female creature in the universe. Give her a hug.



THE NESTING URGE SYNDROME

Other books we publish are available at many fine stores. If you can't find them, send directly to us. \$7.00 postpaid

2400-How To Have Sex On Your Birthday Finding a partner, special birthday sex positions and much more

2402-Confessions From The Bathroom. There are things in this book that happen to all of us that none of us ever talk about, like the Gas Station Dump, the Corn Niblet Dump and more.

2403-The Good Bonking Guide. Great new term for doing "you know what". Bonking in the dark, bonking all night long, improving your bonking, and everything else you ever wanted to know

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2408-30 Happens. When you take out a lifetime membership at your health club, and you still wonder when the baby fat will finally disappear.

2409-50 Happens. When you remember when "made in Japan" meant something that didn't work, and you can't remember what you went to the top of the stairs for.

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2412-Golf Shots. What excuses to use to play through first, ways to distract your opponent, and when and where a true golfer is willing to play.

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2419-Cucumbers Are Better Than Men Because... Cucumbers are always ready when you are and cucumbers will never hear "yes, yes" when you're saying "NO, NO."

2421-Honeymoon Guide. The Advantages Of Undressing With The Light On (it's easier to undo a bra) to What Men Want Most (being able to sleep right afterwards and not talk about love)

2422-Eat Yourself Healthy. Calories only add up if the food is consumed at a table and green M&M's are full of the same vitamins found in broccoli.

2423-Is There Sex After 40? She liked you better when the bulge above your waist was in your trousers. He thinks wife-swapping means getting someone else to cook for you

2424-Is There Sex After 50? Going to bed early means a chance to catch up on your reading and you miss making love quietly so as not to wake the kids

2425-Women Over 40 Are Better Because... No matter how many sit-ups they do, they can't recapture their 17-year-old body—but they can find something attractive in any 21-year-old guy.

2426-Women Over 50 Are Better Because... They will be amused if you take them parking, and they know that being alone is better than being with someone they don't like.

2427-You Know You're Over The Hill When... All your stories have bored

most acquaintances several times over You're resigned to being overweight after trying every diet that has come along in the last 15 years

2428-Beer Is Better Than Women Because (Part II)... A beer doesn't get upset if you call it by the wrong name, and after several beers, you can go to sleep without having to talk about love.

2429-Married To A Computer. You fondle it daily, you keep in touch when you're travelling and you stare at it a lot without understanding it.

2430-Is There Sex After 30? He thinks foreplay means parading around nude in front of the mirror, holding his stomach in; and she found that the quickest way to get rid of a date is to start talking about commitment.

2431-Happy Birthday You Old Fart! You spend less and less time between visits to a toilet, your back goes out more than you do and you leave programming the VCR to people under 25

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feedings, do diapers really cause leprosy and other vital info for parents.

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2443-60 With Sizzle! When your kids start to look middle-aged and when your hearing is perfect if everyone would just stop mumbling

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The PMS Book



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US \$5.95

Ivory Tower Publishing Co., Inc.
125 Walnut St. P.O. 9132
Watertown, MA 02272-9132

SKU 607135

ITEM #2446



ISBN# 0-88032-446-5